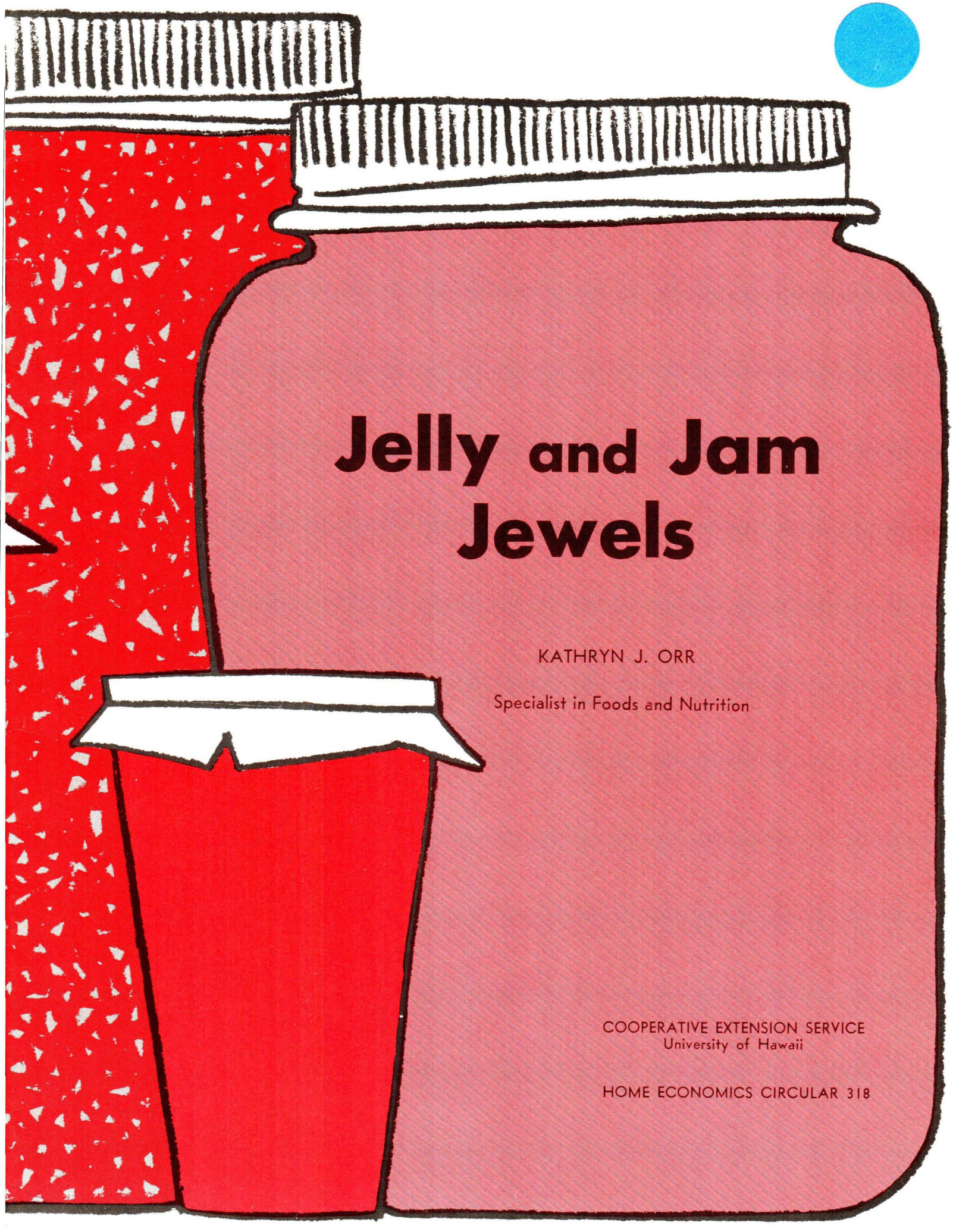

Jelly and Jam Jewels

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INTRODUCTION

Rows of gleaming, jewel-colored glasses on the pantry shelf mean year round enjoyment of summer-ripe fruit.

The Three Essentials for Jelly

Proper amounts of PECTIN, ACID, and SUGAR are needed to make a jellied fruit product.

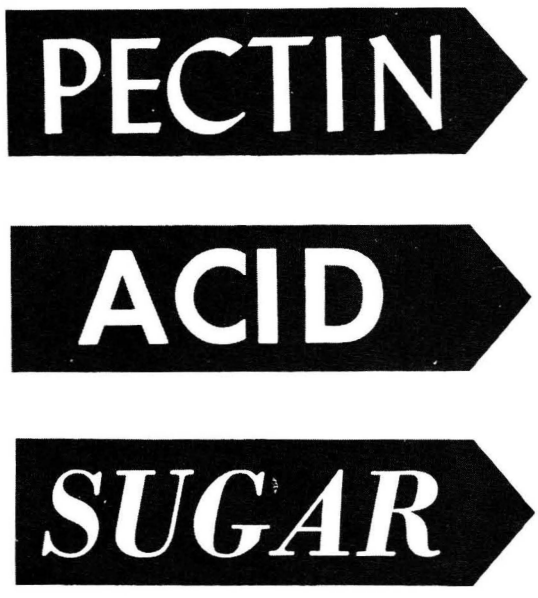
PECTIN is a natural substance found in all fruits, but varies in amounts in different kinds of fruit as well as in varieties of the same fruit. Even the amount of rainfall may cause the pectin content of fruit from the same plant or tree to vary from year to year. All fruits have less pectin when they are fully ripe than when they are underripe.

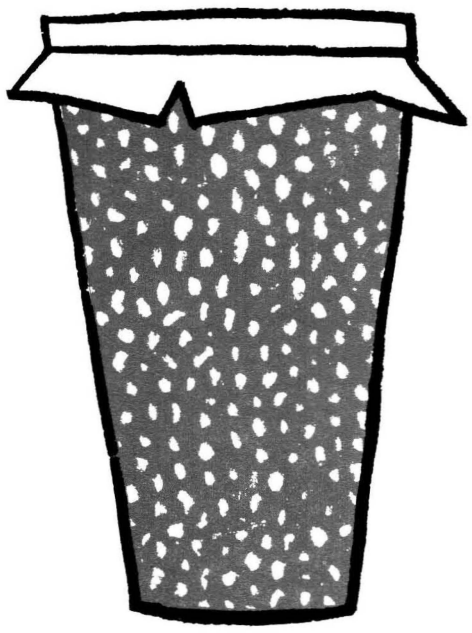
For fruits that are low in pectin, commercial fruit pectins made from apple or citrus fruits are on the market in two forms—liquid and powdered. Either form is satisfactory when used in a recipe developed especially for that form. Do not try to interchange pectins, as the recipe for a liquid pectin will not work with a powdered form and vice versa (see "Pectin Tests," p. 4).

ACID is needed for flavor and for gel formation. The acid content varies in different fruits and is higher in underripe than in fully ripe fruits.

With fruits that are low in acid, lemon juice or citric acid is commonly added. Also, commercial fruit pectins contain some acid.

SUGAR helps the gel formation. It serves as a preserving agent and adds to the flavor of a jellied product. It also has a firming effect on fruit, which is most noticeable in preserves. Cane or beet sugar can be used. They have the same composition. Corn sirup or honey may replace part of the sugar.





What Is Ideal Jelly?

An ideal jelly has the characteristic color and flavor of the fruit from which it is made. It forms a delicate, quivering mold—not too stiff and not too soft—; it is tender and spreads easily on bread. Every jellymaker wants the jellies she makes to have the qualities of ideal jelly—full fruit flavor, bright color, ideal set, and tenderness.

Pectin Tests

There are two ways to test for the amount of pectin in fruit juice: (1) by using a Jelmeter; and (2) by the alcohol test.

Jelmeter

The proportion of sugar required for each cup of juice may be determined by the rate of flow of juice through a calibrated, glass tubular device called a Jelmeter timed for 1 minute.

Alcohol Test

Combine 1 tablespoon of extracted fruit juice with 1 tablespoon of grain alcohol in a pyrex mixing cup. Turn glass gently so that all the juice comes in contact with the alcohol. If a large quantity of pectin is present, the fruit juice will appear in one mass when the mixture is poured from the glass. In that case 1 cup of sugar to each cup of juice should be used. If fruit juice and alcohol mixture thickens slightly, ⅔ to ¾ cup sugar for each cup of juice should be used. Strawberry, guavas, grapes, and roselles fall into this latter category.

Jelly-Making Equipment

Here is a list of the equipment you will need to make jelly:

Cutting board
Large kettle (to prepare fruit or juice)
Large kettle (to sterilize jars)
Jelly bag and string
Colander
Large bowl (to catch juice)
Paring knife
Wooden spoon
Tablespoon
Thermometer
Jars, glasses, and lids
Measuring cups
Parawax
Tin cans for parawax
Tongs
Shallow kettle (to cook jelly)
Ladle or cup

HOW TO MAKE JELLY

Selection of Fruit

Firm-ripe or underripe fruit should be used for jelly since pectin and acid content decrease as the fruit ripens. Fully ripe fruit may be used if a liquid or powdered pectin is added, or for making butter or jams or marmalade.

Extraction of Juice

Wash the fruit, remove blossom and stem ends, and cut into slices. Small fruits, such as pohas, cherries, or grapes should be cooked whole. Place fruit in a kettle and add enough water to almost cover or to barely be seen around the edge of the kettle. For berries and grapes, add only enough water to prevent scorching. Cook slowly until fruit is soft, stirring frequently.

To drain juice, pour cooked fruit into a triangular-shaped jelly bag made of flannel or two thicknesses of a flour or sugar sack. Allow to drain. Do not squeeze the bag if a clear, sparkling jelly is desired.

The fruit pulp remaining in the bag may be used in making fruit butter or jam. Press pulp through a sieve to remove seeds and skins. If fresh fruit is plentiful, the whole fruit is preferred for butters and jams.

Preparation of Containers

Jelly glasses holding 6 to 8 ounces with metal covers (screw or slip-on top) are recommended. However, other glass containers of suitable size may be used for jellies if they are sealed with a layer of hot paraffin and then covered.

Wash glasses and covers thoroughly with warm, soapy water and rinse well in clear water.

Sterilize glasses as follows: Place clean glasses upside down in hot water. Bring to boil and continue boiling 10 to 15 minutes. Or, place glasses in a pressure cooker or pressure saucepan, exhaust air, and bring to 5 pounds pressure. Turn off heat and wait until pointer returns to *zero* before opening.

Drain glasses but DO NOT WIPE.

Sterilize covers by placing in boiling water 2 to 3 minutes just before covering jelly glass.

Cooking Jelly

For best results, make only a small amount of jelly at one time—never more than 4 cups of fruit juice, preferably 2 cups of juice per batch.

Use a large, flat-bottomed pan which will hold 4 times the amount of juice to be cooked. This shortens cooking time by permitting rapid evaporation of liquid. Jelly should be made quickly, so allow the juice to boil vigorously.

Measure juice and sugar and stir until sugar is dissolved. Remove scum as it forms on top. Boil mixture rapidly, testing frequently, until a jelly test is obtained. Remove from heat and pour into hot, sterilized glasses, filling them to within ½ inch from the top.

Filling and Sealing Containers

Pour hot jelly mixture into hot glasses to within ½-inch of top, cover immediately with hot paraffin. Use only enough paraffin to make a layer about ⅛-inch thick. To help insure a good seal prick any air bubbles that appear in the paraffin; they cause holes to form in the paraffin as it hardens, making an imperfect seal.

A single thin layer of paraffin is preferable to a thick layer or two thin layers because the thin layer will expand or contract more readily with the jelly under temperature changes and will give a better seal.

Storing Jellied Products

Allow the products to stand undisturbed overnight to avoid breaking the gel. Cover glasses with metal lids or aluminum foil. Store in a cool, dry place; the shorter the storage time, the better the eating quality of the product.

Uncooked jellies require refrigeration or freezer temperatures. They can be held for a few months in a refrigerator; for longer storage they should be in a freezer.

Caution: Since paraffin is highly inflammable, great care should be taken in melting it. The best method is to melt paraffin over hot water.

Jelly Tests

After boiling jelly mixture 5 to 10 minutes, test for jell point by one of the methods given below. During the test, the jelly mixture should be removed from the heat to prevent overcooking.

Sheet Test

Dip a cool metal spoon in the boiling jelly mixture. Then raise it about a foot above the kettle, out of the steam, and turn the spoon so the sirup runs off the side. If the sirup forms two drops that flow together and fall off the spoon as one sheet, the jelly should be done. Stop cooking at this point.

Thermometer Test

Before cooking the jelly, take the temperature of boiling water with a jelly, candy, or deep-fat thermometer. Cook the jelly mixture to a temperature 8°F. higher than the boiling point of water. At that point the sugar concentration should form a satisfactory jelly. By using the boiling point of water as your basis for measuring the jelly end-point, you can make a satisfactory jelly at various altitudes, since the boiling point of water differs from sea level to the high altitudes of mountainous areas.

For accurate thermometer reading, have the thermometer in a vertical position and read it at eye level. The bulb of the thermometer must be completely covered with the jelly mixture.

Refrigerator Test

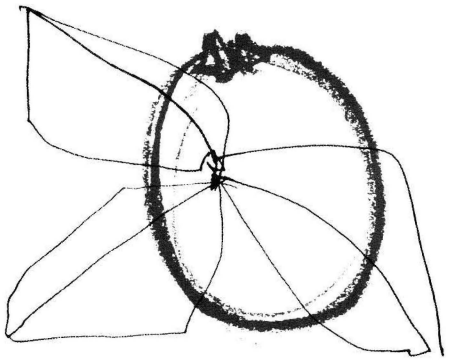
Pour a small amount of boiling jelly on a cold plate, and put it in the ice compartment of a refrigerator for a few minutes. If the mixture gels, it should be done.

Causes of Unsatisfactory Jelly

Inexperienced jellymakers sometimes obtain unsatisfactory products without knowing WHY. Characteristics of poor jellies and the cause for them may be:

Characteristics	*Causes*
Sirupy	Too little sugar; undercooking; too long cooking of a very acid juice-sugar mixture.
Tough, gummy	Too much sugar; overcooking; too much pectin.
Dark	Too slow cooking; too large a quantity of juice; faulty paraffin seal.
Cloudy	Improper straining of juice.
Fermented, moldy	Improper sterilization of glasses; delayed or improper sealing of glasses.
Weeping	Too much acid; layer of paraffin too thick; storage place too warm; or storage temperature fluctuated.
Fading	Too warm a storage place; too long storage; too much light in storage.

JELLY RECIPES



Guava Jelly

4 cups guava juice
(5 pounds guavas and water to barely cover)
4 cups sugar

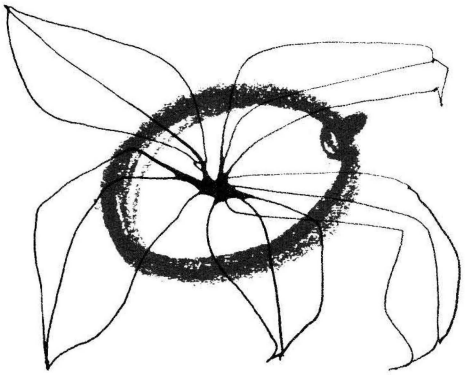
Makes about 5 six-ounce glasses.

To prepare juice:

Choose half-ripe or firm-ripe guavas. Wash fruit and remove blossom ends and blemishes. Slice and place in a large kettle with enough water to barely cover fruit. Boil until fruit is very soft (12 to 20 minutes). Extract juice (see p. 5).

To make jelly:

Measure juice into a kettle. Add sugar and stir well. Boil over high heat to 8°F. above boiling point of water, or until jelly mixture sheets from a spoon. Remove from heat; skim off foam quickly. Pour jelly immediately into hot containers and seal.



Purple-Fleshed Java Plum Jelly

2 cups Java plum juice
(8 cups firm-ripe plums and 1½ cups water)
1 cup water
½ cup lemon juice
7 cups sugar
½ bottle liquid pectin

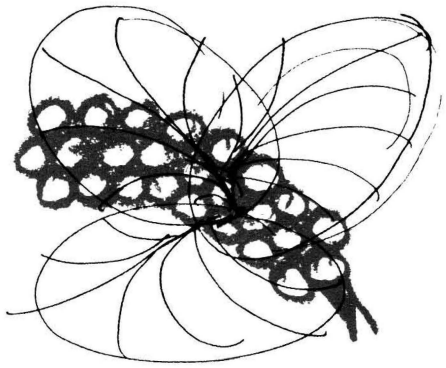
Makes 10 six-ounce glasses.

To prepare juice:

Sort fully ripe plums. Wash and remove stems. Place in a kettle with water and cook until fruit is soft (20 to 25 minutes). Extract juice (see p. 5). Allow sediment in juice to settle before pouring off clear liquid for jelly.

To make jelly:

Measure juice and water into a kettle. Stir in sugar. Place on high heat and, stirring constantly, bring to a full rolling boil that cannot be stirred down. Add pectin and bring again to a full rolling boil. Boil hard for 1 minute. Remove from heat; skim off foam quickly. Pour jelly immediately into hot containers and seal.



Seagrape Jelly

4 cups seagrape juice
(3 pounds half-ripe seagrapes and ½ cup water)
7 cups sugar
½ bottle liquid pectin

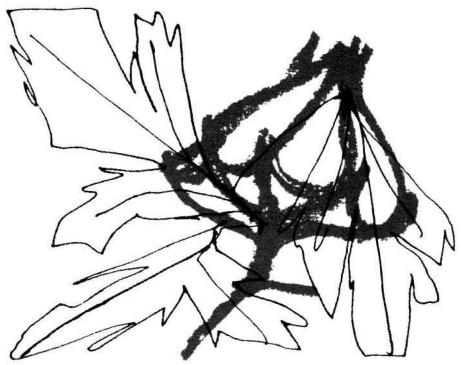
Makes 10 to 12 six-ounce glasses.

To prepare fruit:

Wash fruit and remove stems. Put in a kettle, crush thoroughly, and add ½ cup water. Bring to boil and simmer covered for 10 minutes. Extract juice (see p. 5).

To make jelly:

Measure juice into a shallow kettle. If juice seems of mild flavor, use only 3½ cups grape juice and add ½ cup lemon juice. Add sugar and stir well. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add pectin and heat again to a full rolling boil. Boil hard for 1 minute. Remove from heat; skim off foam quickly. Pour jelly immediately into hot containers and seal.



Roselle Jelly

3 cups roselle juice
(2 pounds whole roselles and 6 cups water)
2¼ cups sugar

Makes about 4 six-ounce glasses.

To prepare juice:

Wash fruit thoroughly; do not remove calyxes from seeds. Add water. Place kettle over heat, cover, bring to a boil quickly and cook until calyxes are soft (about 7 minutes). Extract juice (see p. 5).

To make jelly:

Measure juice into a shallow kettle. Add sugar and stir well. Boil over high heat to 8°F. above boiling point of water, or until jelly mixtures sheets from a spoon. Remove from heat; skim off foam quickly. Pour jelly immediately into hot containers and seal.

Hot Pepper Jelly

2 cups ground green bell peppers
(about 10 peppers)
¼ cup ground red chillies
(about 12 little hot peppers; use less if desired)
6½ cups sugar
1½ cups vinegar
1 bottle liquid pectin

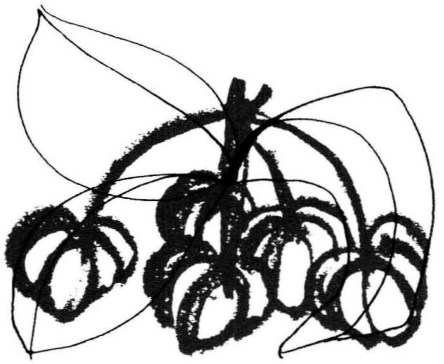
Makes about 4 six-ounce glasses.

To prepare peppers:

Clean peppers removing seeds and inner pulps. Grind green and hot peppers separately, or chop fine. *Caution:* In handling hot peppers, wear rubber gloves.

To make jelly:

Measure 2 cups of tightly packed green peppers and ¼ cup red chillies into a shallow kettle. Use juice obtained while grinding to level each measurement. Add sugar and vinegar and bring mixture to boiling point. Remove from heat and cool for 20 minutes, uncovered, stirring occasionally. Bring mixture again to a full rolling boil that cannot be stirred down and boil for 2 minutes. Remove from heat and stir in pectin. Skim off foam and stir alternately for 5 minutes. Pour jelly into hot containers and seal.



Surinam Cherry Jelly

4 cups surinam cherry juice
(5 pounds surinam cherries and water to barely cover)
4 cups sugar

Makes about 4 six-ounce glasses.

To prepare juice:

Wash fruit and remove stems and blossom ends. Add water, mash fruit, and simmer gently until soft (about 20 minutes). Extract juice (see p. 5).

To make jelly:

Measure juice into a shallow kettle. Add sugar and stir well. Boil over high heat to 8°F. above boiling point of water, or until jelly mixture sheets from a spoon. Remove from heat; skim off foam quickly. Pour jelly immediately into hot containers and seal.

Passion Fruit Jelly (with Powdered Pectin)*

4 ounces or ½ cup passion fruit juice
(3 pounds passion fruit)
3½ cups or 1½ pounds sugar
2 cups water
1 box powdered pectin
(2½ ounces)

Makes about 5 six-ounce glasses.

To prepare juice:

Cut passion fruit in half; scoop out pulp and seeds into a sieve or pulper. Mash with spoon or wooden mallet to extract juice. Discard seeds.

To make jelly:

Measure sugar and 1 cup water into a saucepan. Mix well. Heat to dissolve sugar, stirring continuously. Remove from heat and add passion fruit juice. Set aside. Mix powdered pectin and remaining 1 cup water in small saucepan. Bring to boil, boil hard for *1 minute*, stirring. Pour hot dissolved pectin into passion fruit-sugar mixture and stir for 2 minutes. Pour jelly into hot containers and seal.

Passion Fruit Jelly (with Liquid Pectin)*

4 ounces or ½ cup passion fruit juice
(3 pounds passion fruit)
3 cups sugar
1 cup water
½ bottle liquid pectin

Makes about 4 six-ounce glasses.

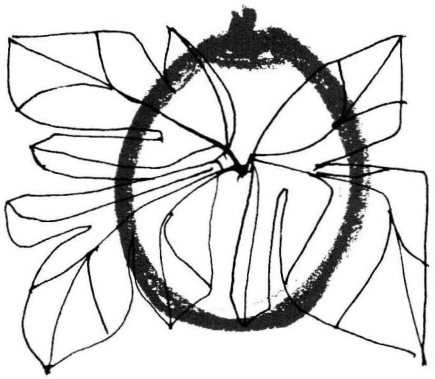
To prepare juice:

Cut passion fruit in half; scoop out pulp and seeds into a sieve or pulper. Mash with spoon or wooden mallet to extract juice. Discard seeds.

To make jelly:

Mix sugar and water together in a kettle. Boil for *1 minute* vigorously, stirring. Remove from heat. Stir in liquid pectin. Add passion fruit juice and mix well. Skim off foam. Pour jelly into hot containers and seal.

*These recipes may also be used with frozen passion fruit juice, orange juice, or tangerine juice. When using the frozen juice add the entire contents of the 6-ounce can (¾ cup). With the liquid pectin recipe, add 2 tablespoons of lemon juice to orange or tangerine juice, to give the jellies a more tart flavor. Lemon juice is not necessary with passion fruit juice, fresh or frozen, since this juice is very tart. If you use the frozen juices you will have a sweeter product than that made from the fresh juice, because these juices already have some sugar added; however, it does not affect the jelling property of the juice. *Recipes for liquid pectin and powdered pectin are not interchangeable.*



Grape Jelly (Isabella Grapes)

3 cups grape juice
(5 pounds grapes and water to barely cover)
2½ to 3 cups sugar

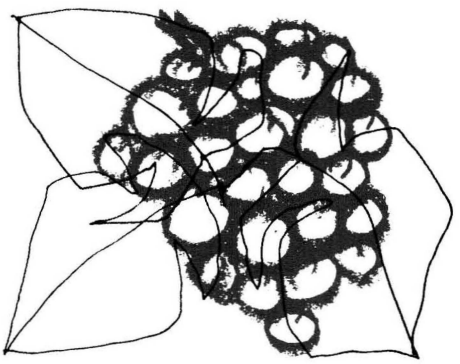
Makes 7 six-ounce glasses.

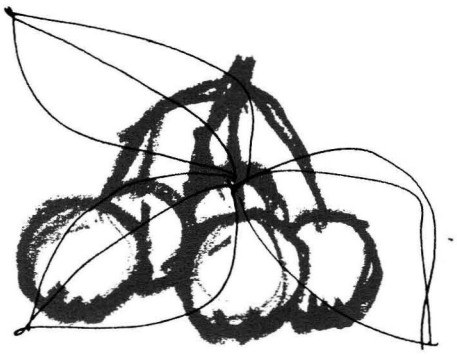
To prepare juice:

Choose half-ripe grapes. Wash and place in a large kettle with enough water to cover fruit. Mash fruit and cook slowly until fruit is very soft (about 20 minutes). Extract juice (see p. 5).

To make jelly:

Measure juice into a shallow kettle. Add sugar and stir well. Boil over high heat to 8°F. above boiling point of water, or until jelly mixture sheets from a spoon. Remove from heat; skim off foam quickly. Pour jelly immediately into hot containers and seal.





Acerola Jelly (with Powdered Pectin)*

3 cups acerola juice
(1½ pounds ripe cherries)
4 cups sugar
1 package powdered pectin

Makes 8 six-ounce glasses.

To prepare fruit:

See "Acerola Jelly (with Liquid Pectin)."

To make jelly:

Measure juice into a large kettle, 3- to 5-quart size. Mix powdered pectin with juice in a pan. Place over high heat and stir until mixture comes to a hard boil. At once stir in sugar. Bring to a full rolling boil that cannot be stirred down, and boil hard for 1 minute, stirring constantly. Remove from heat; skim off foam. Pour jelly immediately into hot containers and seal.

Acerola Jelly (with Liquid Pectin)*

3½ cups acerola juice
(about 2 pounds fully ripe and firm-ripe cherries)
7 cups sugar
1 bottle liquid pectin

Makes about 10 six-ounce glasses.

To prepare juice:

Sort out leaves and bruised or damaged fruit. Wash fruit; do not remove stems. Measure 4 cups fruit, crush lightly, and cover with 4 cups water. Bring to boil and simmer 15 to 20 minutes to soften fruit. Extract juice (see p. 5). Save pulp for Acerola-Ginger Butter (see recipe).

To make jelly:

Measure juice into a large kettle about 3- to 5-quart size. Add sugar and stir well. Place over high heat and bring to boil, stirring constantly. At once stir in liquid pectin. Bring to a full rolling boil that cannot be stirred down, and boil hard for 1 minute, stirring constantly. Remove from heat; skim off foam. Pour jelly immediately into hot containers and seal.

***Recipes for liquid pectin and powdered pectin are not interchangeable.**

HOW TO MAKE JAMS AND MARMALADES

For jams and marmalades made with added pectin, use fully ripe fruit for best flavor. When no pectin is added, it may be advisable to include some under-ripe fruit for its higher pectin content if you want a firm product.

Because jams and marmalades contain fruit pulp or pieces of fruit, they tend to stick to the kettle during cooking and require constant stirring to prevent scorching.

To help prevent fruit from rising to the top in the finished product, stir mixture at frequent intervals for 5 minutes after taking it from the heat. Before each stirring, skim off any foam that appears on the surface. Stir gently to avoid having air bubbles in the products.

With Added Pectin

For jams, as for jellies, the method of combining ingredients varies with the form of pectin used. Powdered pectin is mixed with the unheated crushed fruit; liquid pectin is added to the cooked fruit and sugar mixture immediately after it is removed from the heat.

Cooking time is the same for all products—1 minute at a full boil. The full-boil stage is reached when bubbles form over the entire surface of the mixture.

With added pectin, jams from some fresh or frozen fruits can be made without cooking (see recipe for "Uncooked Mango Jam").

Without Added Pectin

Jams and marmalades made without added pectin require longer cooking than those with added pectin. Use one of the jam tests given below.

Jam Tests

The most reliable way to judge whether or not jams or marmalades are done is to use a thermometer. If you have no thermometer, cook products made without added pectin until they have thickened somewhat. In judging thickness, allow for the additional thickening of the mixture as it cools. The refrigerator test may also be used.

During the test, the jam or marmalade mixture should be removed from the heat to prevent overcooking.

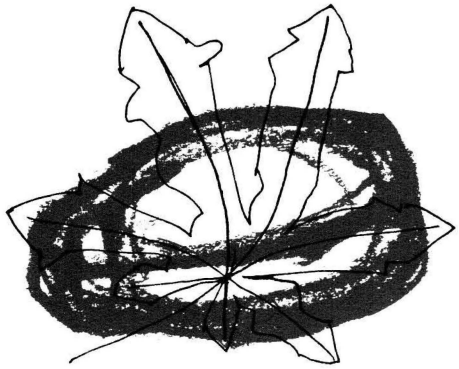
Thermometer Test

Before making the product take the temperature of boiling water. Cook the mixture to a temperature 9°F. higher than the boiling point of water. It is important to stir the mixture thoroughly just before taking the temperature, to place the thermometer vertically at the center of the kettle, to have the bulb covered with fruit mixture, and to read the thermometer at eye level.

Refrigerator Test

Pour a small amount of boiling jam or marmalade on a cold plate, and put it in the ice compartment of a refrigerator for a few minutes. If the mixture gels, it should be done.

JAM AND MARMALADE RECIPES



Papaya Jam

3 cups papaya pulp
(3 pounds ripe papaya)
3 cups sugar
½ cup citrus juice

Makes about 6 six-ounce glasses.

To prepare fruit:

Wash papayas, cut in halves. Scoop out seeds and discard. Scoop flesh into bowl or pan and mash with a fork or potato masher.

To make jam:

Measure prepared fruit into a kettle. Add sugar and citrus juice. Simmer together until it gives a jam test (about 1 hour). Stir occasionally to keep mixture from scorching. Ladle jam into hot containers and seal immediately.

Guava-Papaya Jam

2 cups raw or cooked guava pulp
(3½ to 4 pounds guavas)
2 cups fresh papaya pulp
(2 medium papayas)
4 cups sugar
4 tablespoons lemon or lime juice
Grated rind of 1 lemon

Makes about 12 six-ounce glasses.

To prepare fruit:

Wash guavas, cut into halves, and remove pulp and seeds with a spoon. Shells may be used for other products than jam. Remove seeds from pulp by using a food mill or pressing through a fine sieve. In like manner, wash papayas, cut in halves, remove seeds from cavity, and scoop out flesh. Rub pulp through a sieve or mash with a fork.

To make jam:

Measure pulped fruit into a kettle. Add sugar. Simmer mixture together slowly for about 1 hour or until mixture gives a jam test. Stir occasionally to keep from scorching. Just before removing from fire add lemon juice and rind. Remove from heat; skim and stir alternately for 5 minutes. Ladle jam into hot containers and seal immediately.

Acerola-Ginger Butter

3 cups sieved acerola pulp
(prepared from acerola jelly residue)
3 cups sugar
3 teaspoons finely chopped fresh ginger or
1 piece crushed ginger, walnut-size

Makes about 5 six-ounce glasses.

To prepare fruit:

Rub through cherry pulp left from juice extraction, using pureer or food mill.

To make butter:

Measure acerola pulp into a kettle. Add sugar and stir well. Add finely chopped or crushed peeled ginger. Place on low heat, stirring constantly. Cook mixture until thick (about 20 to 25 minutes). Remove from heat and take out ginger if it is one piece and discard. Ladle butter into hot containers and seal immediately.

Pineapple Jam

6 cups grated or chopped fresh pineapple
(1 large pineapple)
3 cups sugar
3 tablespoons lemon juice
Rind of 1½ lemons, sliced

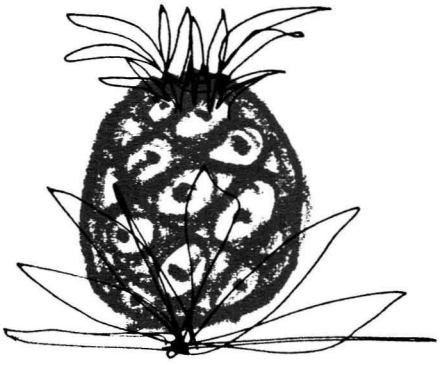
Makes about 10 six-ounce glasses.

To prepare fruit:

Grasp pineapple top firmly in left hand and with a large, heavy knife peel strips from top downward until entire rind is removed. Remove eyes by cutting diagonal grooves around pineapple. Shred pineapple into a bowl by running the tines of a heavy stainless or silver fork down the fruit from top to bottom. Shred the fruit in this manner into the core. Discard core. Slice lemon rind into narrow strips ½-inch long.

To make jam:

Measure shredded pineapple and sugar into a kettle. Allow to stand overnight. Add lemon juice and cook slowly for 2 hours or until mixture gives a jam test. Ladle into hot containers and seal immediately.



Pineapple-Papaya-Ginger Marmalade

2 cups shredded fresh pineapple
(2 pounds pineapple)
2 cups diced fresh papaya
(2 papayas)
4 cups sugar
4 teaspoons grated fresh ginger root or
2 pieces crushed ginger, walnut-size

Makes about 6 six-ounce glasses.

To prepare fruit:

Prepare shredded pineapple as described in recipe for "Pineapple Jam." Wash and cut papayas in half. Scoop out seeds and discard. Scoop out flesh and dice. Cut a piece of ginger root about size of a walnut. Peel and grate fine on a grater or chop very fine with paring knife.

To make marmalade:

Measure prepared fruit into a kettle. Add sugar and grated ginger root. Cook briskly until mixture boils, then reduce heat and cook until thick. Stir frequently to prevent sticking and scorching. Take out ginger if not grated and discard. Ladle mixture into hot containers and seal immediately.

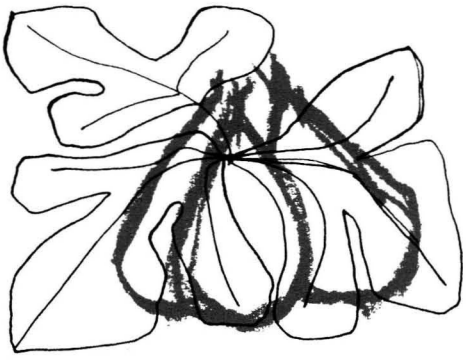


Fig Jam

5 cups chopped figs
(5 pounds firm-ripe figs)
½ cup lime or lemon juice
5⅓ cups sugar

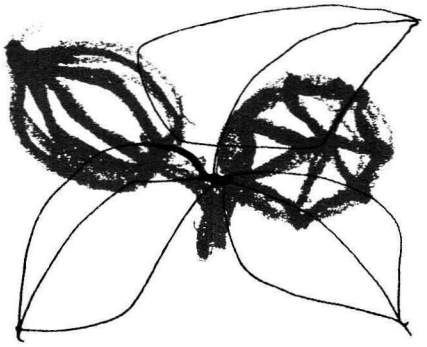
Makes about 8 six-ounce glasses.

To prepare fruit:

Wash, peel, and chop figs.

To make jam:

Place chopped figs into a kettle. Add lemon juice and sugar. Simmer until mixture gives a jam test (approximately 1 hour). Stir mixture frequently to prevent scorching. Remove from heat; skim and stir alternately for 5 minutes. Ladle into hot containers and seal immediately.



Poha Jam

3 cups raw poha
(about 3 pounds poha)
1 cup sugar per each cup cooked poha
1 tablespoon lemon juice (optional)
¼ cup water

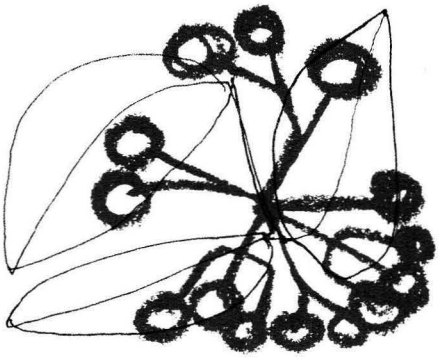
Makes about 5 six-ounce glasses.

To prepare fruit:

Sort, husk and wash pohas. Place whole fruit and ¼ cup water in a kettle. Cook slowly for 30 minutes. Stir frequently until there is sufficient liquid to prevent fruit from scorching. Let fruit stand for 5 to 6 hours.

To make jam:

Measure poha pulp and juice and add an equal quantity of sugar. Cook slowly, about 1 hour. Add lemon juice and stir frequently until juice thickens slightly or gives a jam test. Ladle into hot containers and seal immediately.



Plum Jam

5 cups plum puree
(about 3 pounds ripe plums)
¾ cup water
6 cups sugar

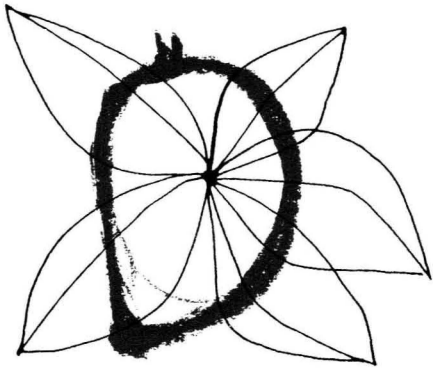
Makes about 10 six-ounce glasses.

To prepare fruit:

Wash and drain plums. Remove stems and damaged spots. Add water and boil gently 10 to 15 minutes, until fruit is very soft. Rub through a coarse sieve or food mill to remove pits and skins.

To make jam:

Measure plum puree into a kettle. Add sugar and stir well. Place on high heat and, stirring constantly, bring face. Cook until it gives a jam test. Remove from heat, quickly to a full boil with bubbles on the entire suralternately stir and skim for 5 minutes. Ladle jam into hot containers and seal immediately.



Mango Jam

6 cups mango slices
(12 half-ripe or ripe mangos, about 3 pounds)
3 cups sugar
½ cup water

Makes about 6 six-ounce glasses.

To prepare fruit:

Wash and sort fruit. Remove stems, skins, and cut flesh from pits. Cut mango cheeks into slices.

To make jam:

Measure prepared fruit into a kettle. Add water and cook mixture about 15 minutes or until fruit is tender. Press fruit through a sieve or mash with a potato masher. Add sugar and simmer until mixture is thick and gives a jam test. Remove from heat; skim and stir alternately for 5 minutes. Ladle jam into hot containers and seal immediately.

Uncooked Mango Jam

3 cups crushed mangos
(about 2½ pounds fully ripe mangos)
5 cups sugar
1 package powdered pectin
1 cup water
1 tablespoon lemon juice

Makes about 9 six-ounce glasses.

To prepare fruit:

Sort and wash fruit. Remove skins and pits and crush flesh.

To make jam:

Measure 3 cups of prepared fruit and lemon juice into a large mixing bowl. Add sugar, mix well, and let stand for 20 minutes, stirring occasionally. Dissolve powdered pectin in the water, bring to a boil, and boil for 1 minute. Add pectin solution and stir for 2 minutes. Ladle jam into jelly glasses or suitable freezer containers, leaving ½-inch space at the top. Cover containers and let stand for 24 to 48 hours, or until jam has set. Cover jam with ⅛-inch layer of hot paraffin.

To store:

Store uncooked jams in a refrigerator or freezer. They can be held for a few months in a refrigerator or up to a year in a freezer. If kept at room temperature they will mold or ferment in a short time. Once a container is opened, the jam should be used within a few days.

Note: If the jam is too firm when opened for serving, it can be softened by stirring. If it tends to separate, stirring will blend it again.

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